

Amendments to the Claims

This listing of claims will replace all prior versions, and listings, of claims in the application:

Claims 1 – 33 (canceled)

34. (currently amended) A computer-readable medium having stored thereon computer-executable instructions for performing a method for utilizing a data structure for transmitting data between a sender and a receiver, wherein said data structure comprises a first data field and a second data field, said method ~~a data structure~~ comprising:

inserting subject data into said ~~a~~ first data field ~~containing subject data~~ for transmission from said ~~a~~ sender to said ~~a~~ receiver; and

inserting into said ~~a~~ second data field ~~containing~~ interval data representing a time interval for subsequent transmission of subject data from the sender to the receiver, wherein said interval data is generated based on a function of a current level of ambient network traffic.

35. (original) The computer-readable medium of claim 34, wherein the subject data is the current status of the sender.

36. (original) The computer-readable medium of claim 34, wherein the second data field contains interval data representing a plurality of time intervals for subsequent transmissions of subject data from the sender to the receiver.

37. (new) A method for utilizing a data structure for transmitting data between a sender and a receiver, wherein said data structure comprises a first data field and a second data field, said method comprising:

inserting subject data into said first data field for transmission from said sender to said receiver; and

inserting into said second data field interval data representing a time interval for subsequent transmission of subject data from the sender to the receiver, wherein said interval data is generated based on a function of a current level of ambient network traffic.

38. (new) The method of claim 37, wherein the second data field contains interval data representing a plurality of time intervals for subsequent transmissions of subject data from the sender to the receiver.